



Monday	Tuesday	Wednesday	Wellbeing Thursday	Wellbeing Friday
<p>English: letter sound Vv  <a href="http://www.sunshinonline.com.au">www.sunshinonline.com.au</a>                      Learning Phase 1/alphabet books/Letter getter loves Vv                      OR                      Learning Phase 1/Letters and words/initial sounds                      View:</p> <p>OR                      choose an activity from your individualised learning goals</p>	<p><b>English letter writing</b>                      Choose a page or day of the week from the caterpillar mini book                      View the story then check the visual sequence and complete the sentence: On XXday, the caterpillar ate_____.</p> <p>OR</p> <p>Choose one activity the from your individualised learning goal for English then stamp your chart.</p>	<p><b>English Handwriting: Vv</b>  <a href="http://www.sunshinonline.com.au">www.sunshinonline.com.au</a> Learning Phase 1/Letters and words/write the alphabet/                      OR                      Choose one activity from the from your individualised learning goal for English then stamp your chart.</p>	<p><b>See alternate activity grid</b>                      Choose an activity from the Wellbeing grid                      You may choose to start with mindfulness</p> <p>Mindfulness: Square breathing  <a href="https://binged.it/3yNHxMg">https://binged.it/3yNHxMg</a></p>	<p><b>See alternate activity grid</b>                      Choose an activity from the Wellbeing grid                      You may choose to start with mindfulness</p> <p>Mindfulness: Balloon breathing  <a href="https://binged.it/3CN8CSj">https://binged.it/3CN8CSj</a></p>
<b>Break time</b>	<b>Break time</b>	<b>Break time</b>	<b>Break time</b>	<b>Break time</b>
<p><b>Mathematics</b>                      Strand: Area                      Area Counting work sheet                      OR                      Comparing Area work sheet                      Compare area as an amount of space.                      Cut out the shapes and compare. Which shape is bigger, which takes up more space?                      OR                      Choose a mathematics activity from your individual goals</p>	<p><b>Mathematics</b>                      Strand: Data                      Create a caterpillar data wall using the template attached. Write the days of the week and place the food the caterpillar ate on each day next to day.                      Photograph.                      OR                      Choose a mathematics activity from your individual goals</p>	<p><b>Mathematics:</b>                      Strand: Fractions                      Sam’s Perfect pizza activity OR Half the Fun activity Or                      Cut out 6 circles (use a cup to trace shape). Five circles for the body and one for the head.                      The head is a whole circle. Fold each circle in half for the body. Paste each half down like the demonstration.                      OR                      Choose an activity from you individual goals</p>	<p>Choose an activity from the Wellbeing grid or</p> <p>Have a look around your home, what shapes can you find?</p>	<p>Choose an activity from the Wellbeing grid or</p> <p>Have a look around your garden, can you find four insects?</p>
<b>Break time</b>	<b>Break time</b>	<b>Break time</b>	<b>Break time</b>	<b>Break time</b>
<p><b>Science and technology: Forces</b>                      Electrostatic Force. Students explore the effects of static electricity in a range of activities. Take photographs of each activity to add to class display.                      1. Rub balloon on shirt, hold it near a wall, or a peer’s hair. What happens? Is this a push or pull? Use a mirror so students can see their own hair.                      2. In pairs, each student with their own balloon. Rub balloons, hold them close to each other but not touching. What happens? Push / pull?</p>	<p><b>Geography</b>                      Please see Mrs Barone’s post</p>	<p><b>Creative arts:</b>                      Father’s Day card and craft</p> <p><b>Photo frame – using sticks, twigs or rocks</b></p> <p><b>View demonstration</b></p>	<p>Choose an activity from the Wellbeing grid or</p> <p>Rock Painting</p> <p>Find stones in your garden to paint/decorate.</p>	<p>Choose an activity from the Wellbeing grid or</p> <p>30 second fitness challenge</p>

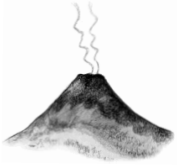
Monday



**v**

# Alphabet Practice

Draw a circle around all the words that begin with v.



volcano



gorilla



vase



umbrella



vacuum cleaner



toes



vulture



violin

Make the words beginning with v.



\_\_olcano



\_\_oes



\_\_mbrella



\_\_iolin



\_\_orilla



\_\_ase

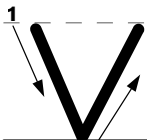


\_\_ulture



\_\_acuum cleaner

Write the letter v.



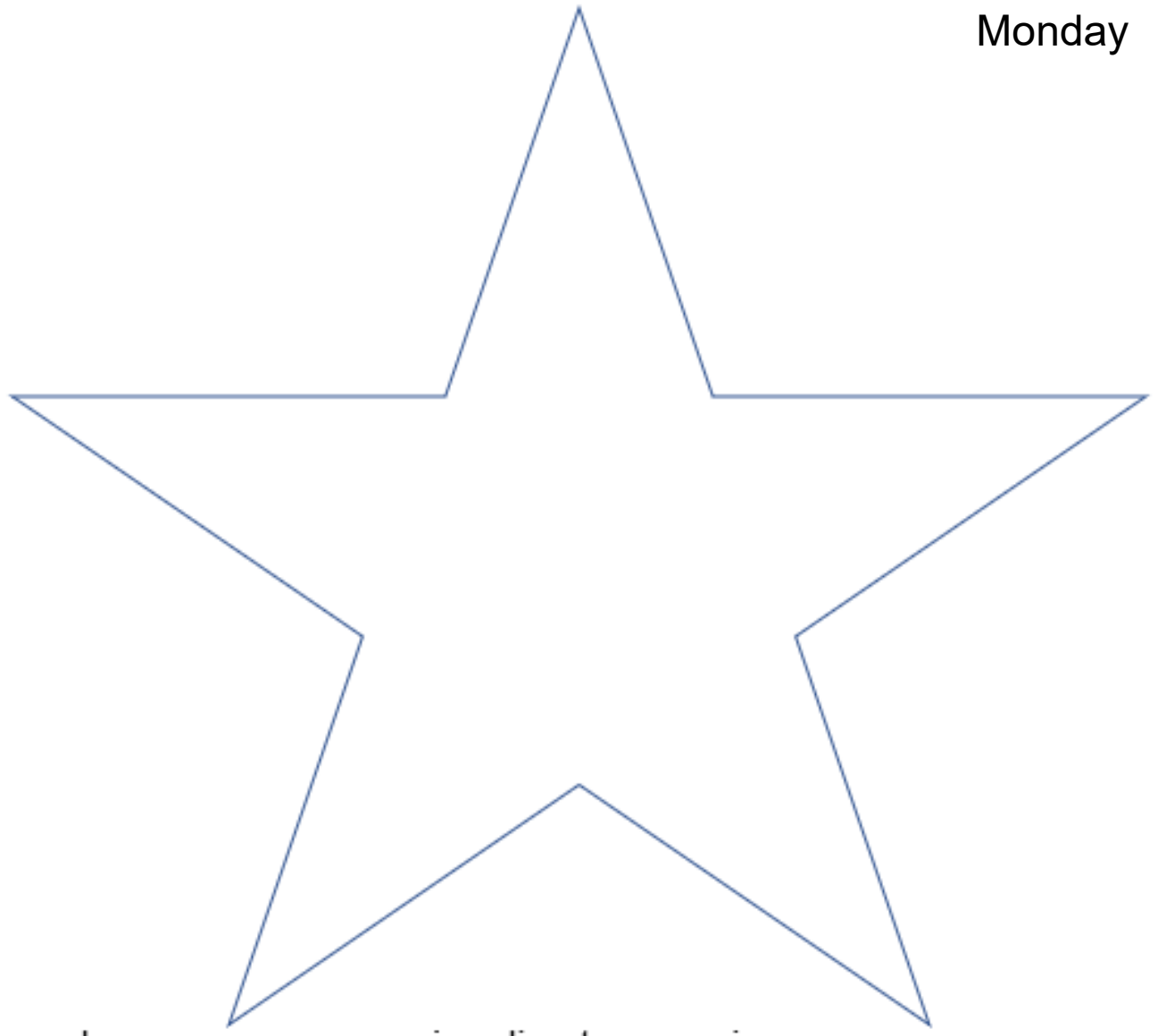
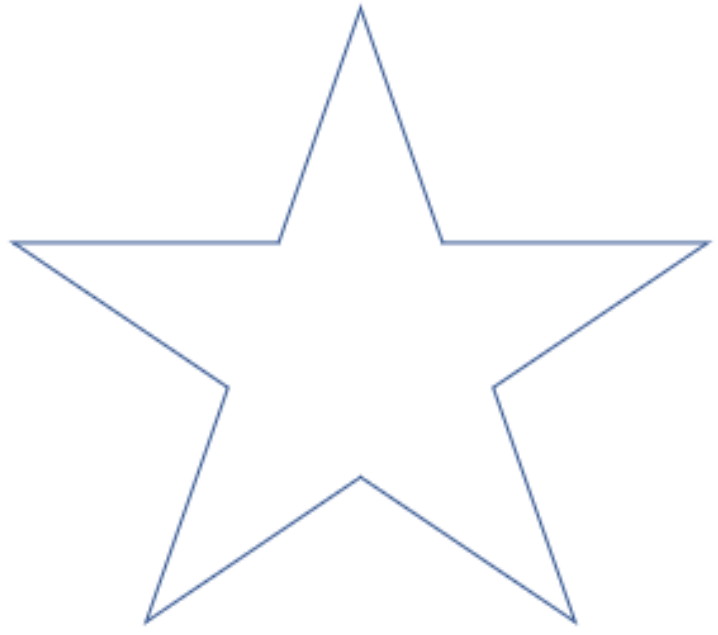
Area is the amount of space something takes up.

Vocabulary:

bigger

smaller

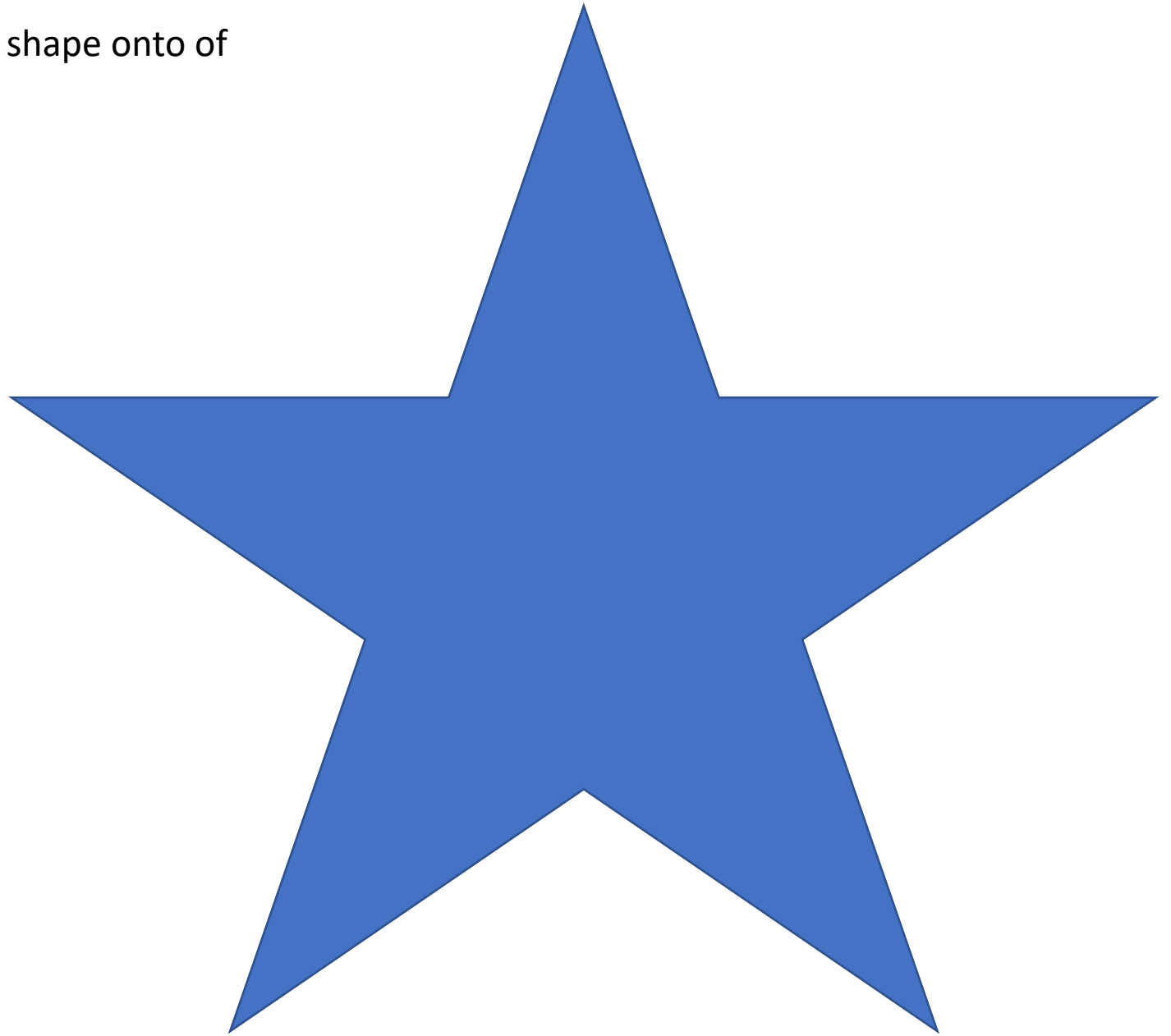
the same as



MES1.2- Describes area using everyday language and compares areas using direct comparison

Which shape takes up more space?

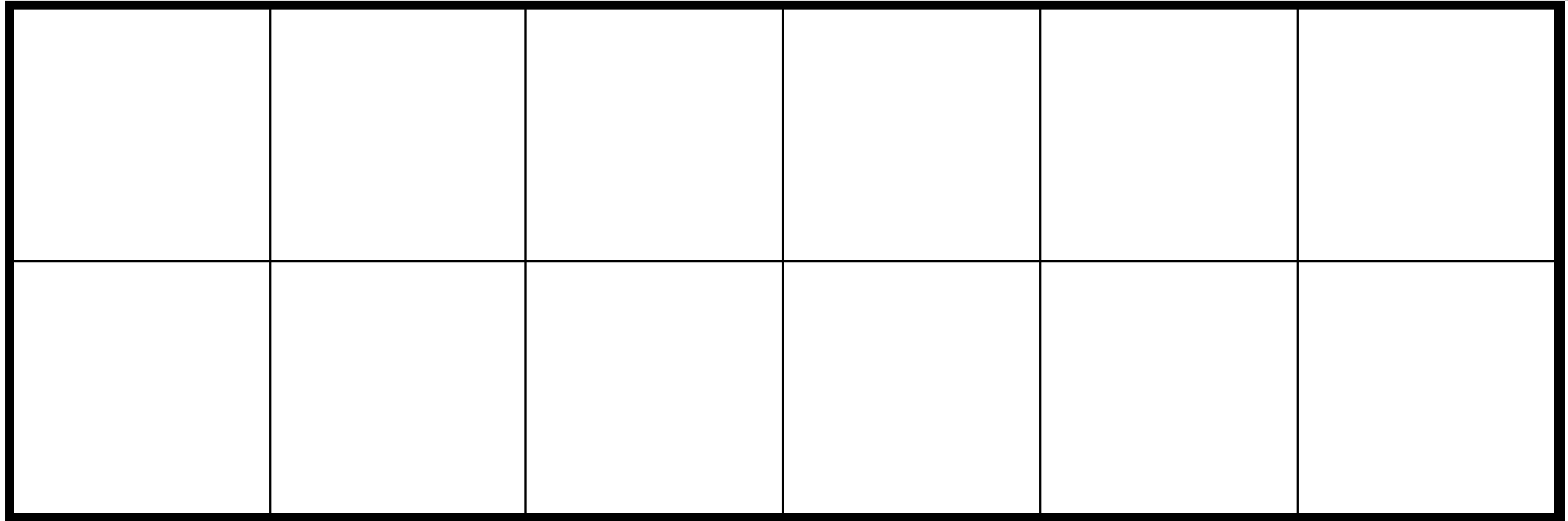
Cut out each shape and compare by placing one shape onto of the other shape. This is called superimpose.



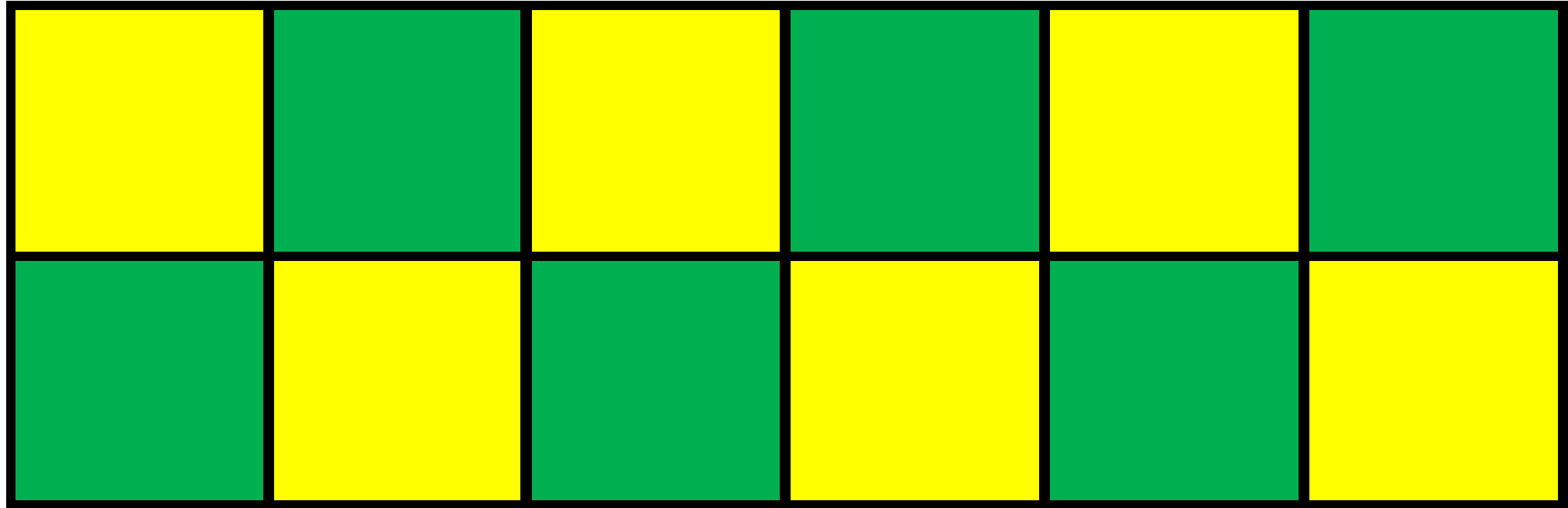
How many yellow squares fill the area?

How many green squares fill the area?

Compare: the yellow squares to the green squares

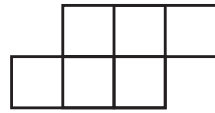


Cut out the squares and place on the template.



# Area: Counting Unit Squares

**Area** is the measurement of the square units inside a shape. Each square inside the shape is 1 square unit.

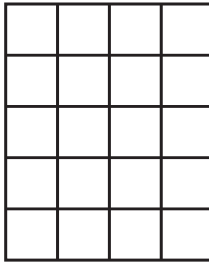


Area: 6 square units



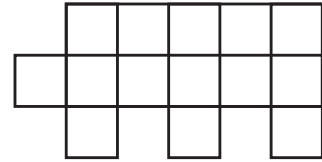
**Directions: Find the area of the shape by counting the square units.**

1.



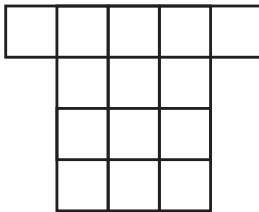
Area: \_\_\_\_\_ square units

2.



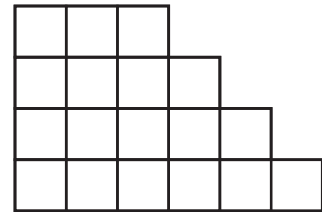
Area: \_\_\_\_\_ square units

3.



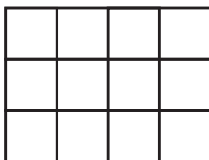
Area: \_\_\_\_\_ square units

4.



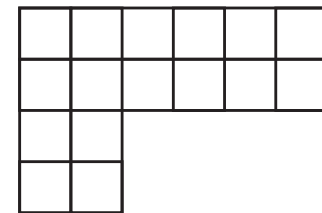
Area: \_\_\_\_\_ square units

5.



Area: \_\_\_\_\_ square units

6.

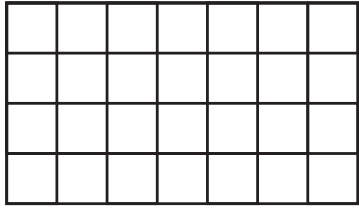


Area: \_\_\_\_\_ square units

Name: \_\_\_\_\_

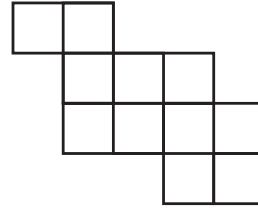
Date: \_\_\_\_\_

7.



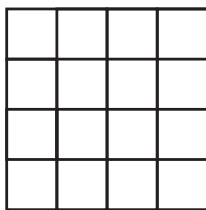
Area: \_\_\_\_\_ square units

8.



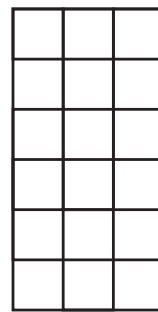
Area: \_\_\_\_\_ square units

9.



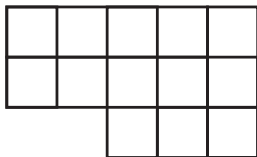
Area: \_\_\_\_\_ square units

10.



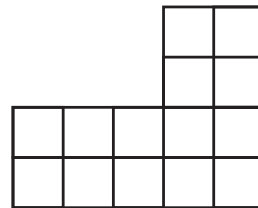
Area: \_\_\_\_\_ square units

11.



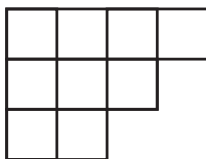
Area: \_\_\_\_\_ square units

12.



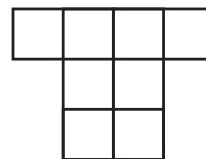
Area: \_\_\_\_\_ square units

13.



Area: \_\_\_\_\_ square units

14.



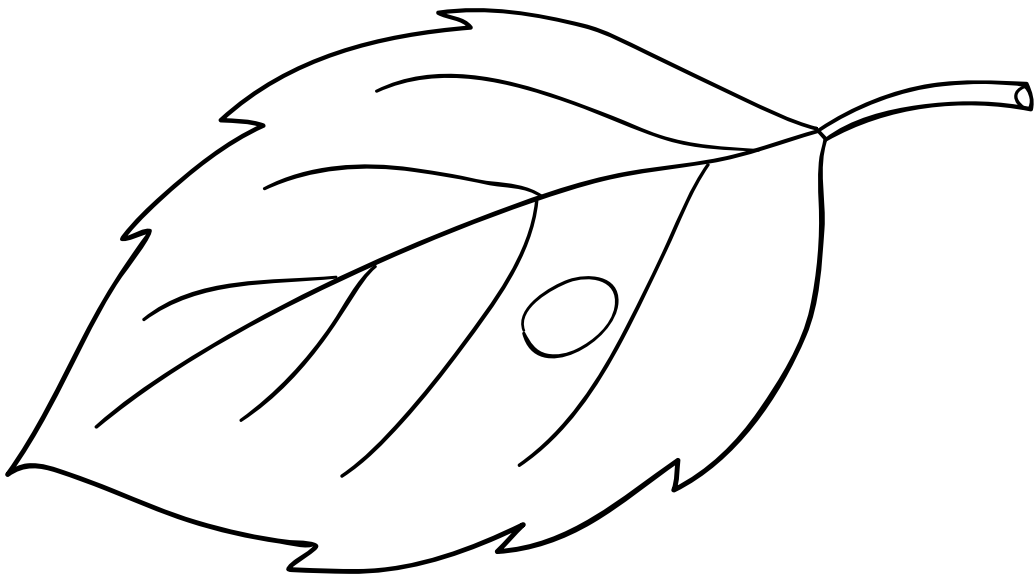
Area: \_\_\_\_\_ square units



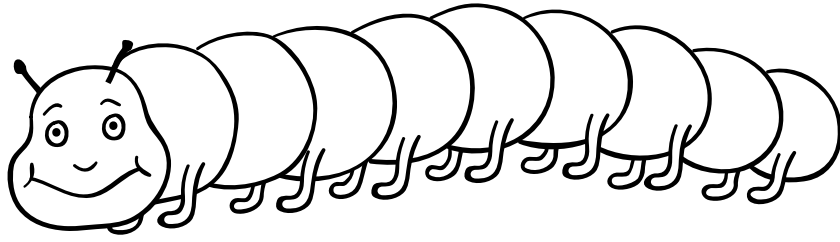
Tuesday

# The Very Hungry Caterpillar

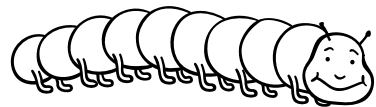
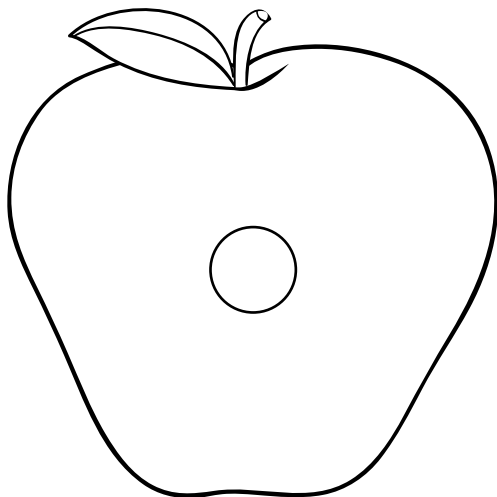
A little \_\_\_\_\_ lay on  
a leaf.



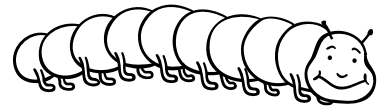
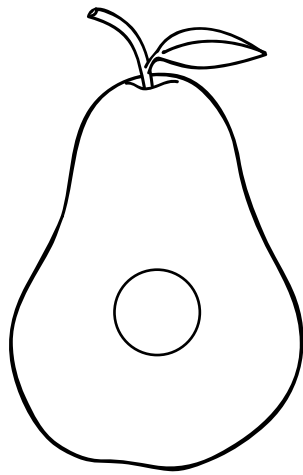
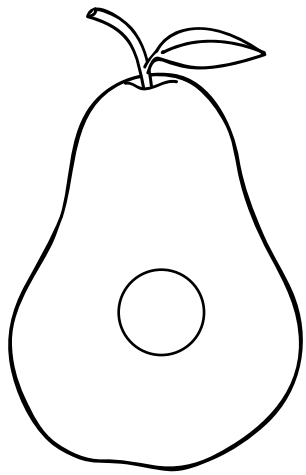
A very hungry \_\_\_\_\_  
came out of the egg.



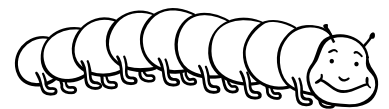
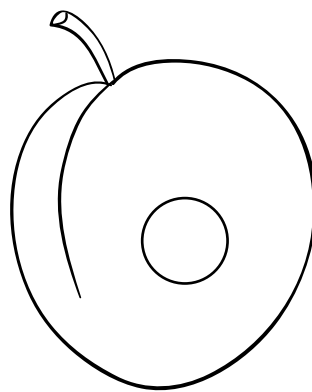
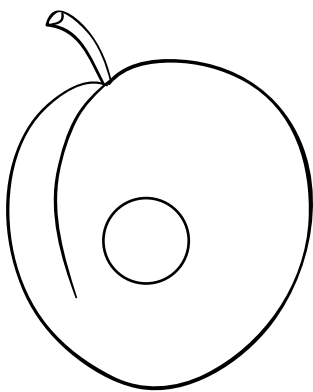
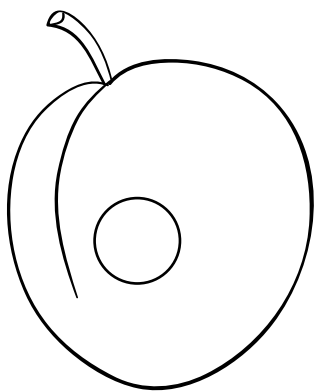
On \_\_\_\_\_, he ate through  
one \_\_\_\_\_.



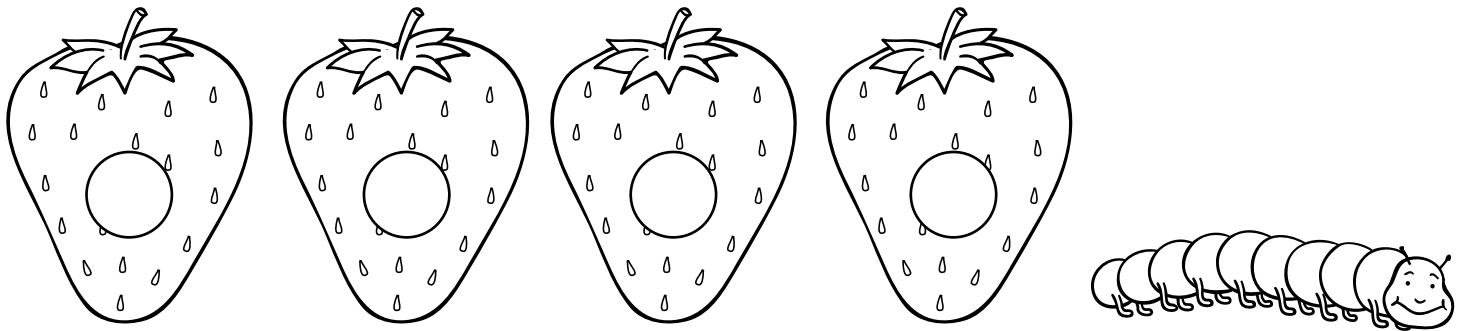
On \_\_\_\_\_, he ate through  
two \_\_\_\_\_.



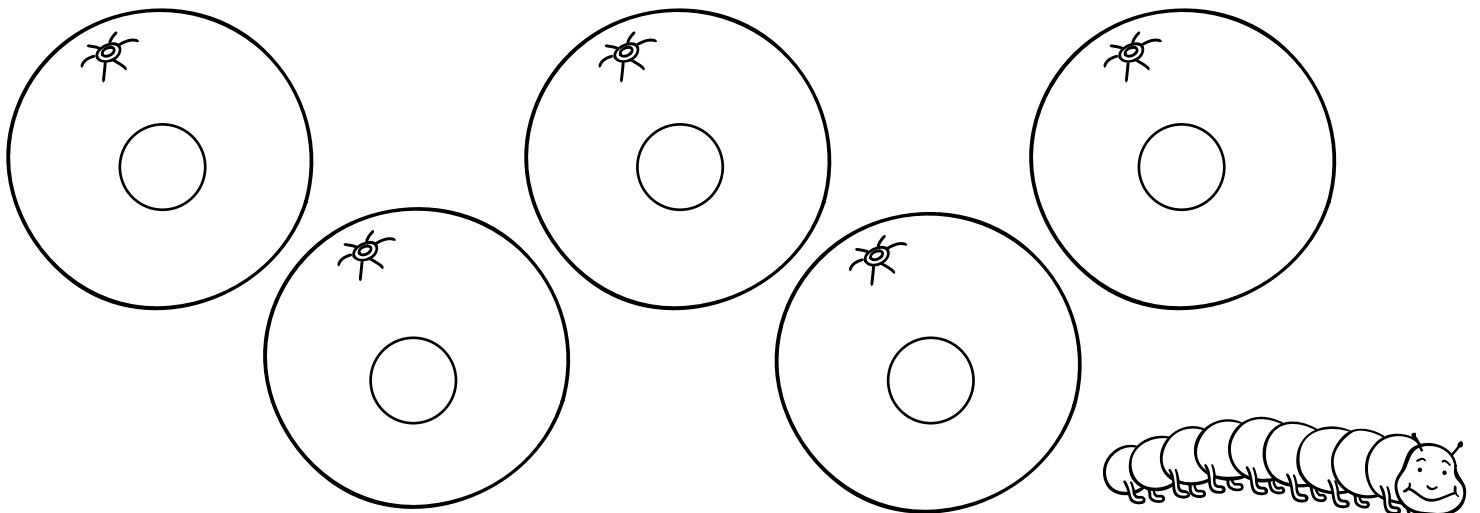
On \_\_\_\_\_, he ate through  
three \_\_\_\_\_.



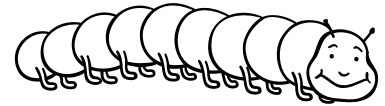
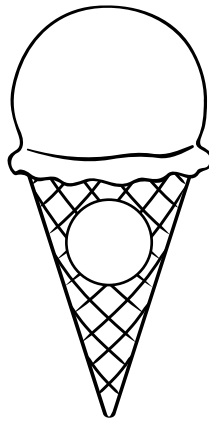
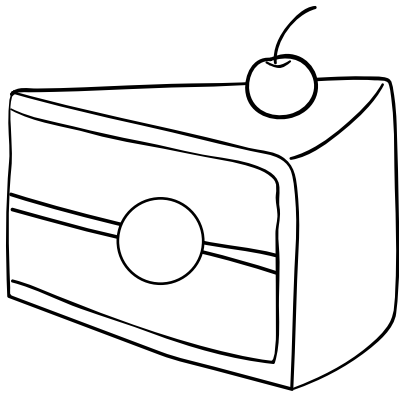
On \_\_\_\_\_, he ate through  
four \_\_\_\_\_.



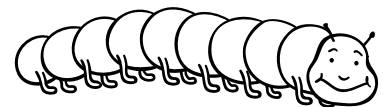
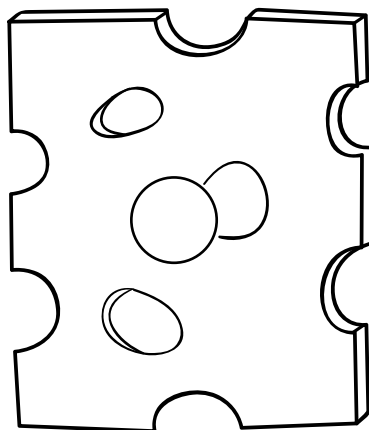
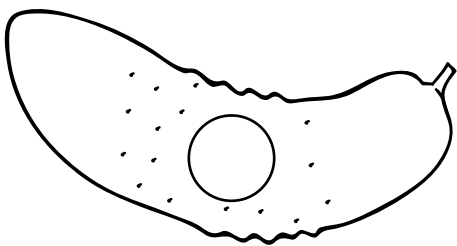
On \_\_\_\_\_, he ate through  
five \_\_\_\_\_.



On \_\_\_\_\_, he ate through  
one piece of \_\_\_\_\_,  
one \_\_\_\_\_,

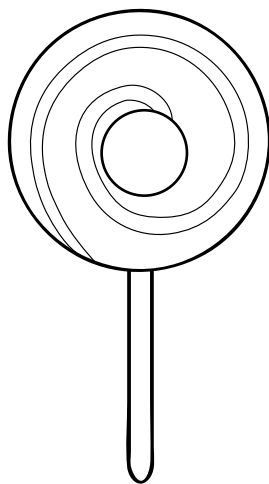
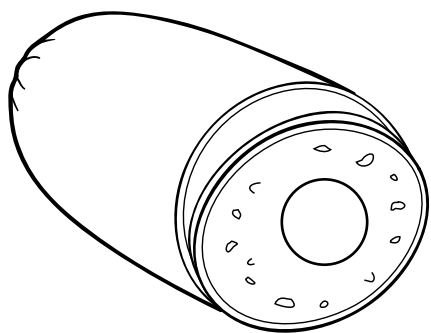


one \_\_\_\_\_, one slice  
of \_\_\_\_\_,



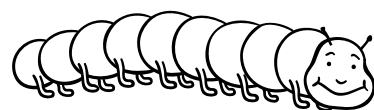
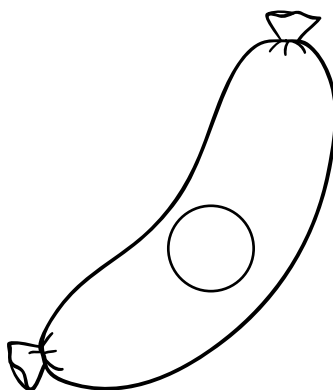
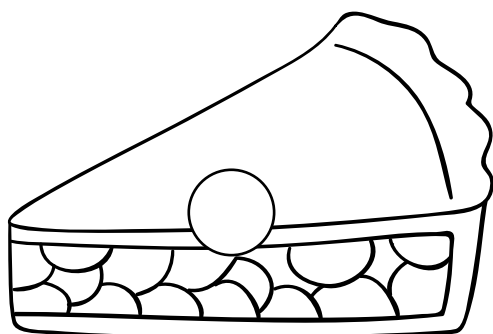
one slice of \_\_\_\_\_ ,

one \_\_\_\_\_ ,

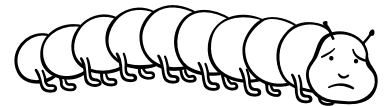
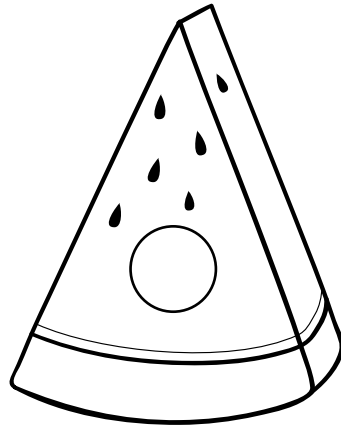
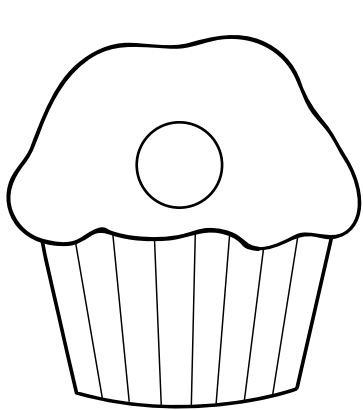


one piece of \_\_\_\_\_ ,

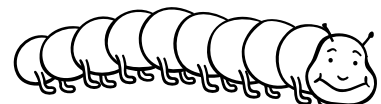
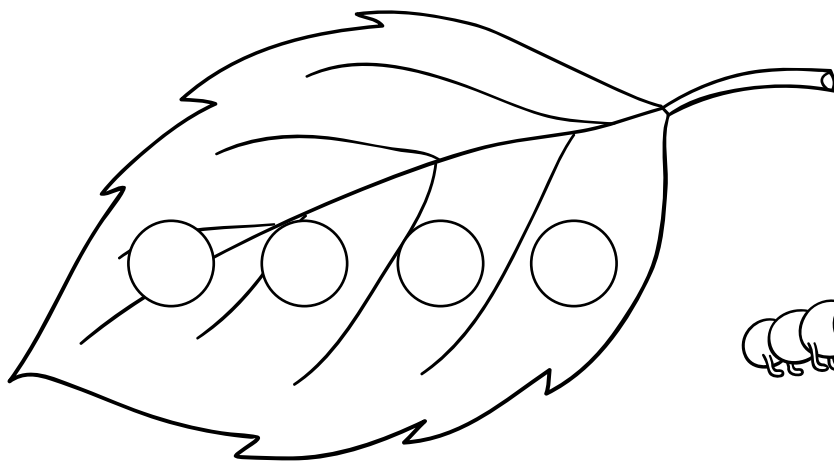
one \_\_\_\_\_ ,



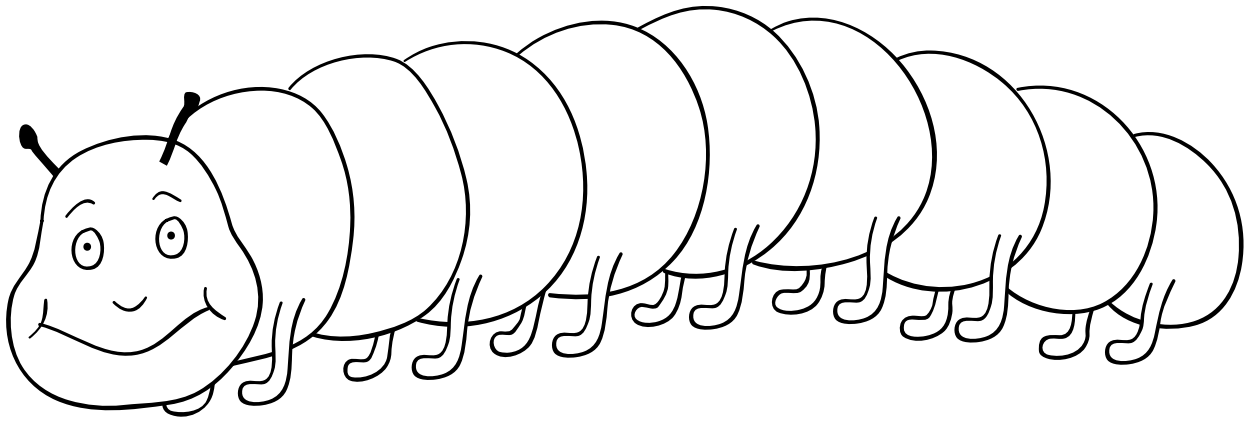
one \_\_\_\_\_, and one  
slice of \_\_\_\_\_.



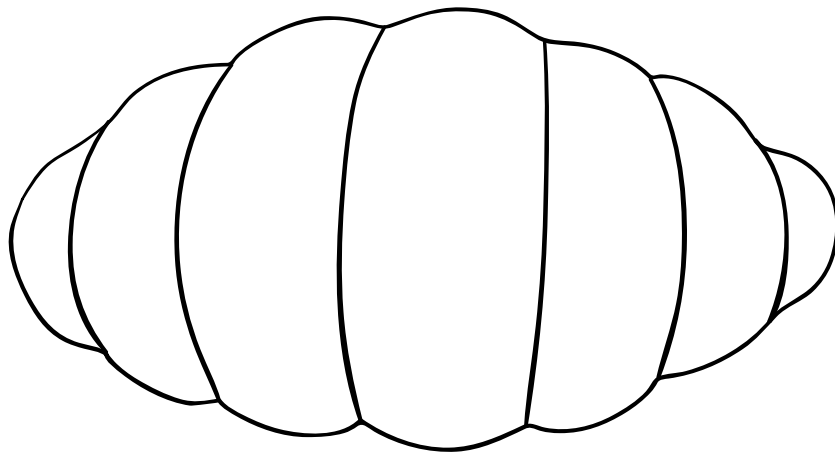
On \_\_\_\_\_, he ate through  
one nice green \_\_\_\_\_.



Now he was big and fat.



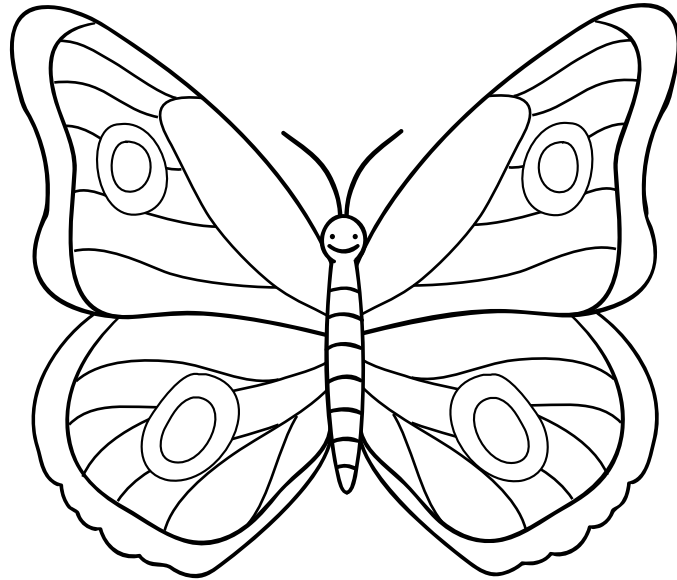
He built a \_\_\_\_\_.

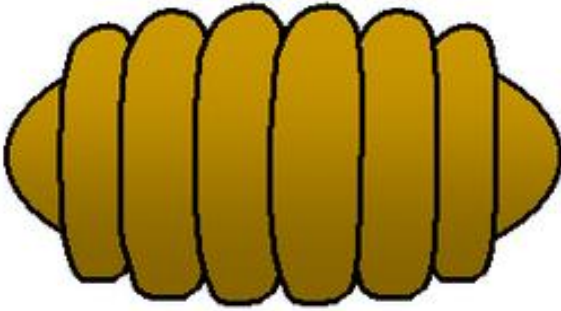
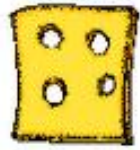
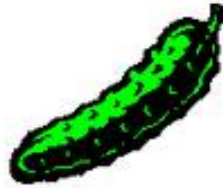
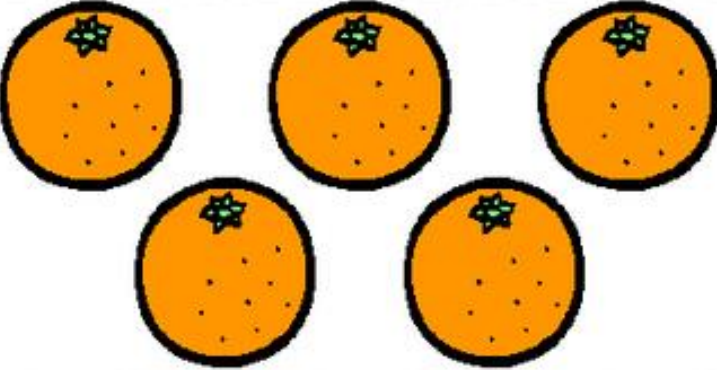
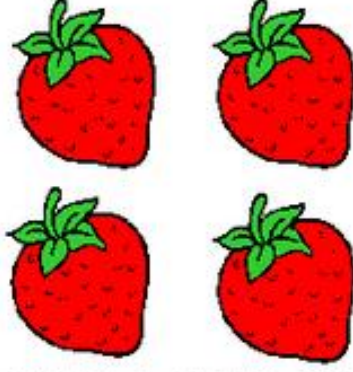
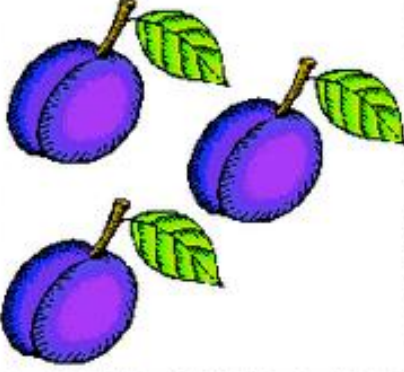
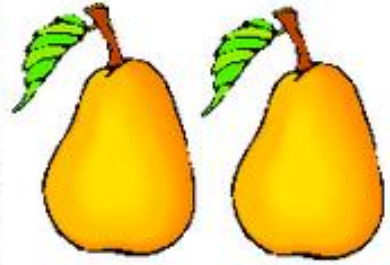






He was a beautiful

\_\_\_\_\_ .





 *Vv* for volcano 

Wednesday

V V

v v

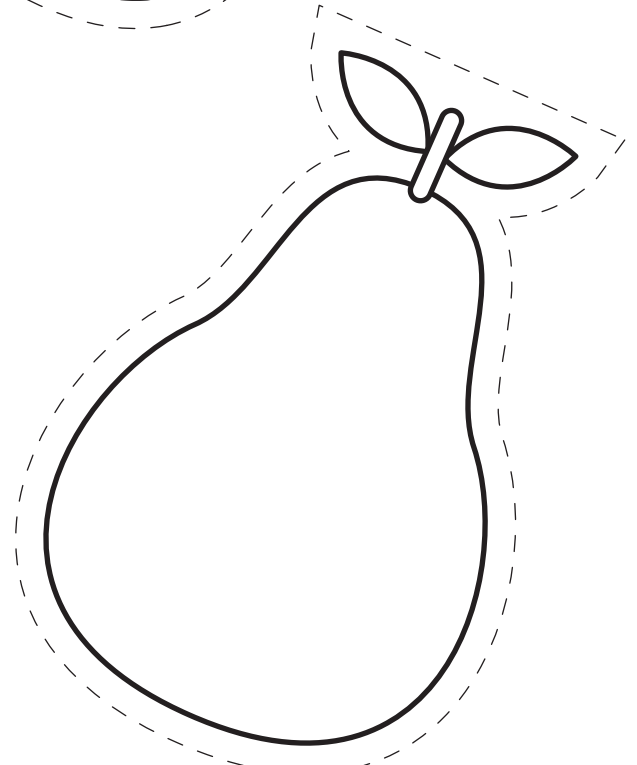
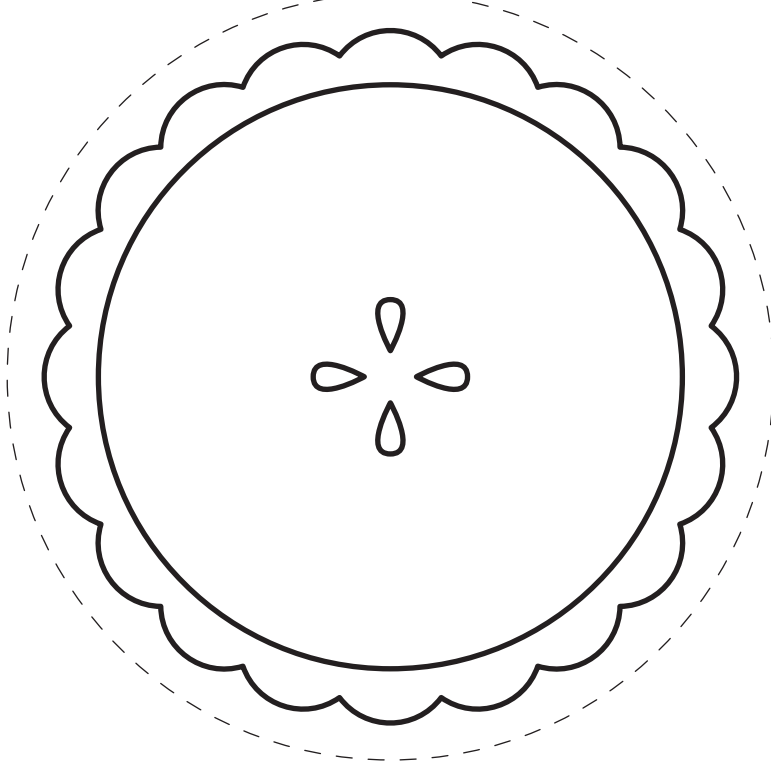
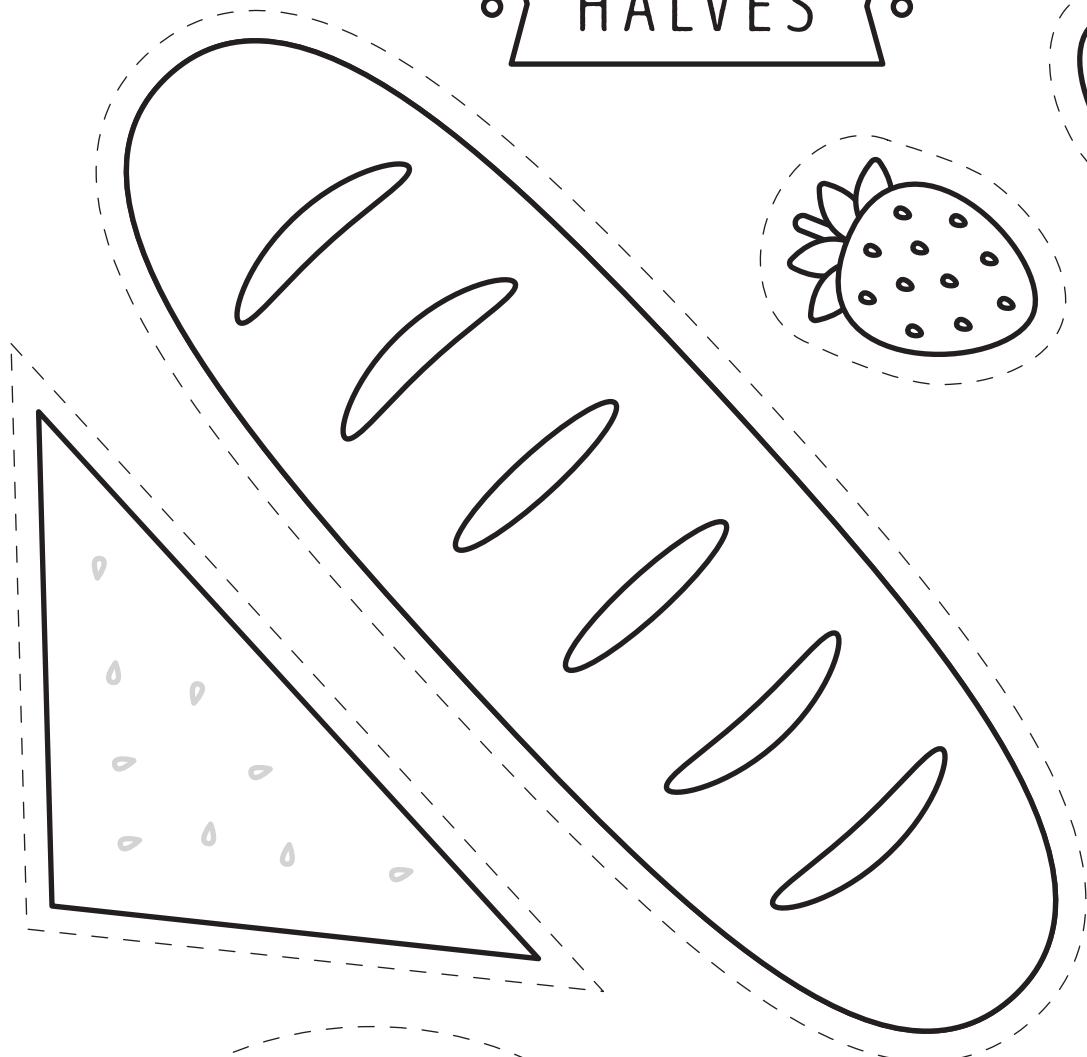
☆ Trace and copy the sentence

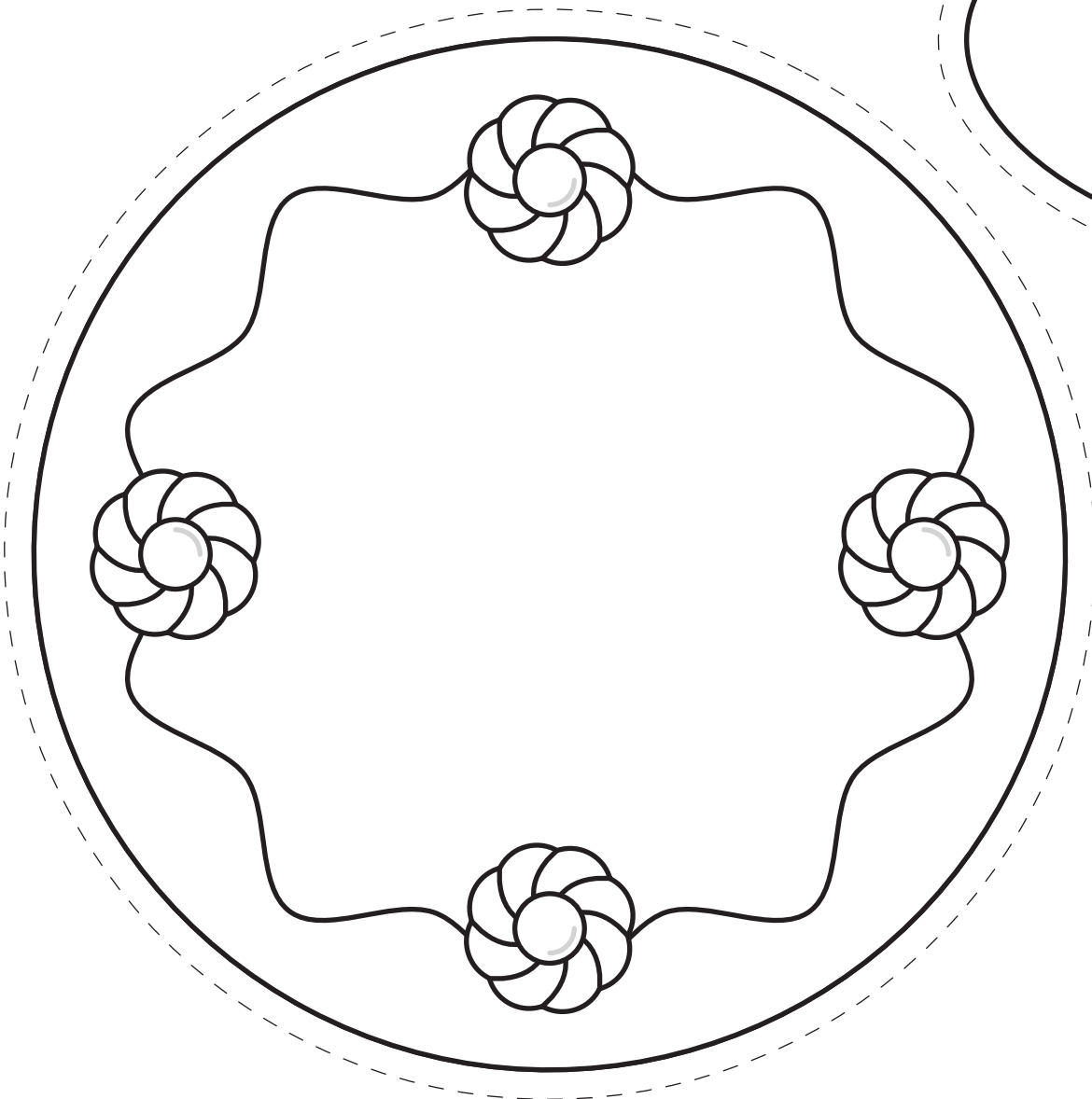
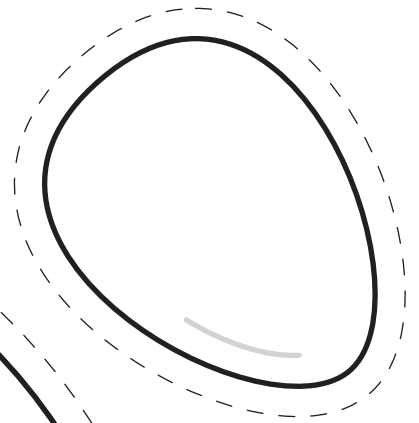
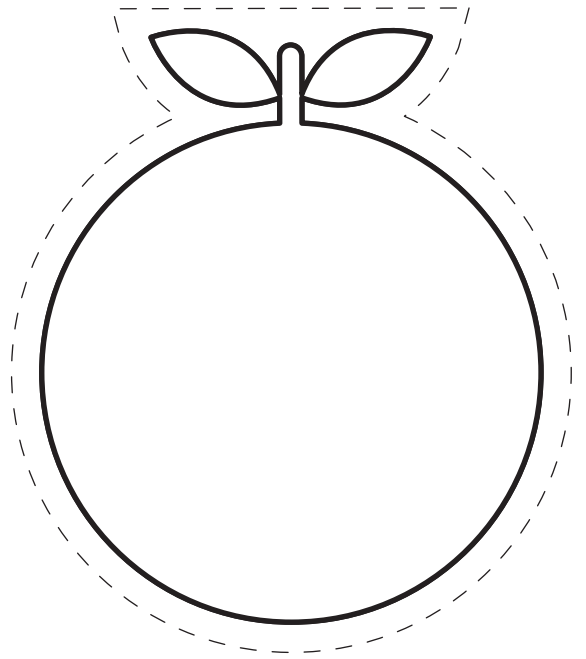
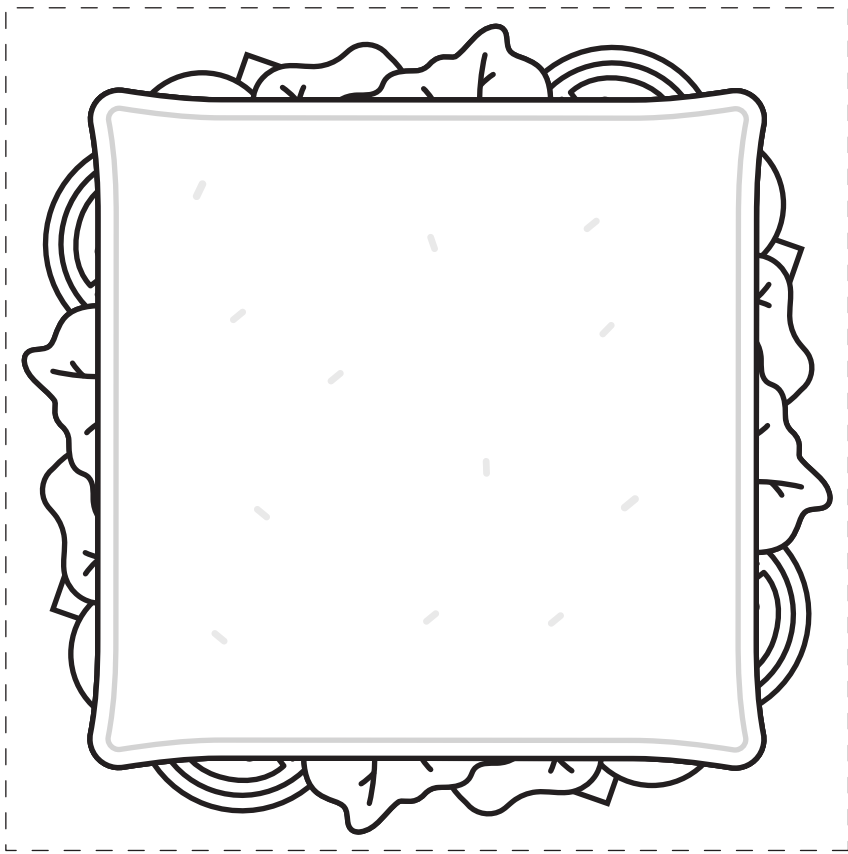
Five violets in vases.

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# Picnic Fractions

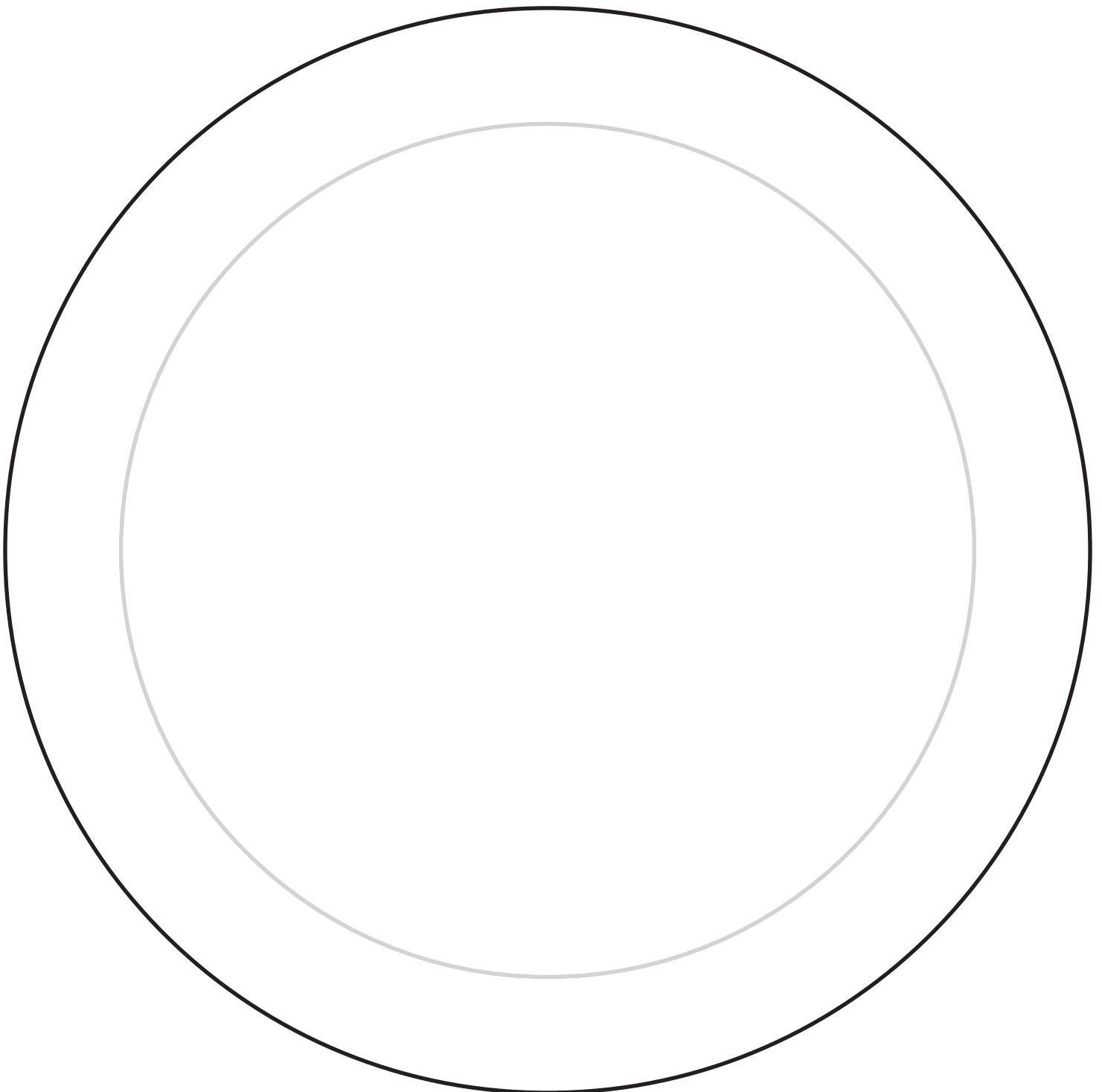
HALVES





# INSTRUCTIONS

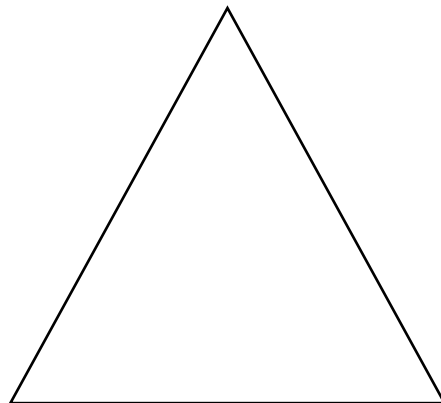
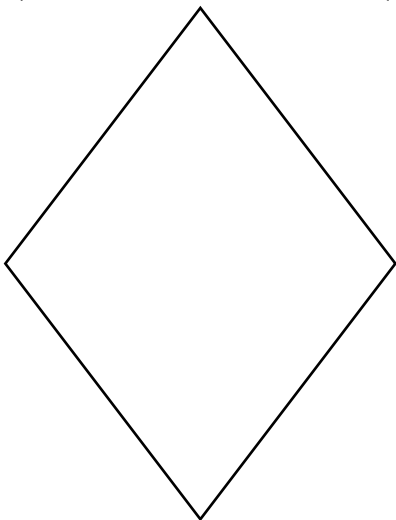
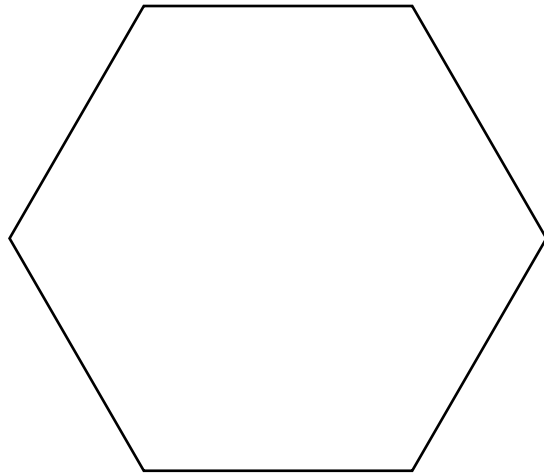
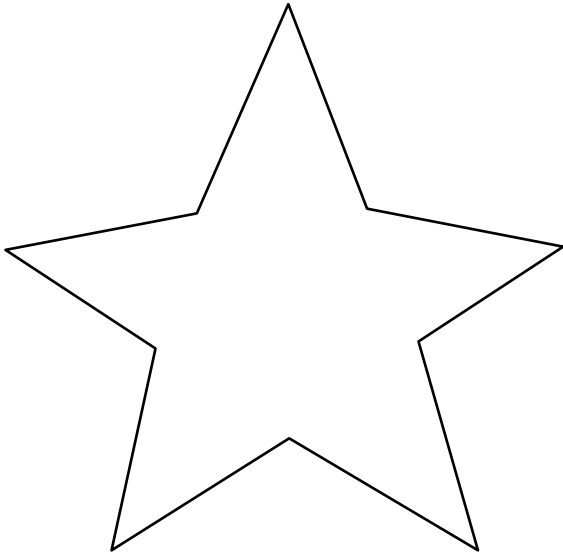
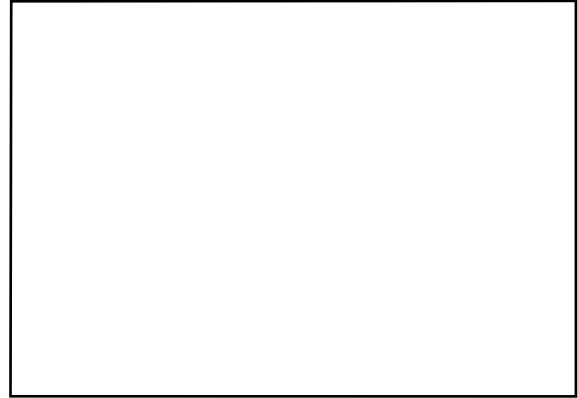
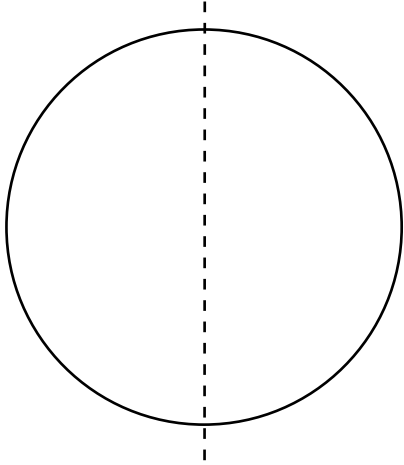
1. Choose the items of food you would like to eat at a picnic. Colour and cut them out.
2. For each food, decide whether you will eat the whole item, or half. You might be sharing with a friend!
3. Glue your food onto the plate.





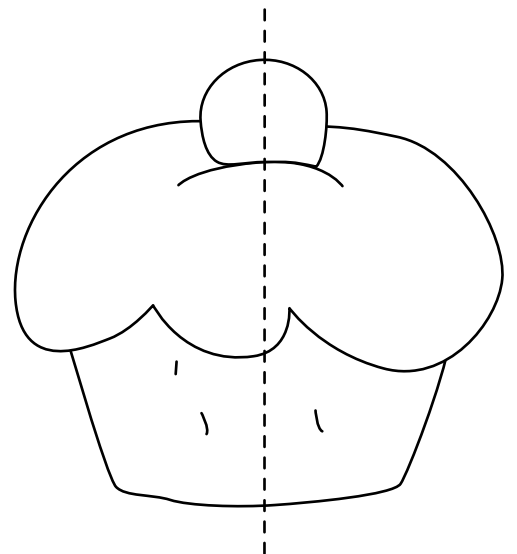
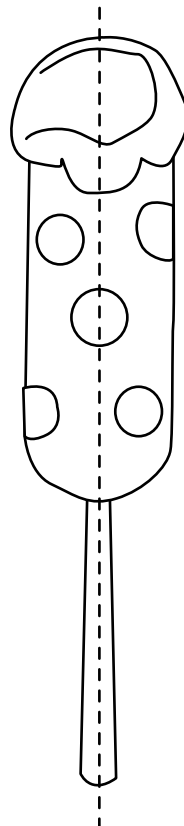
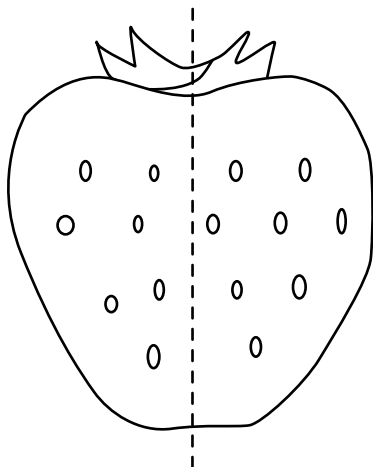
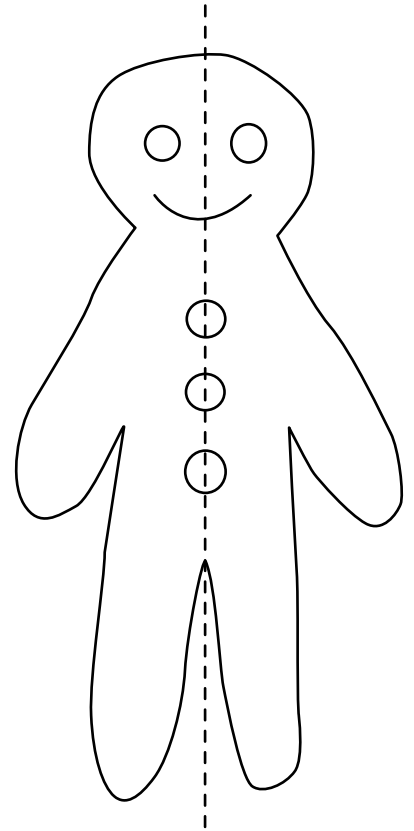
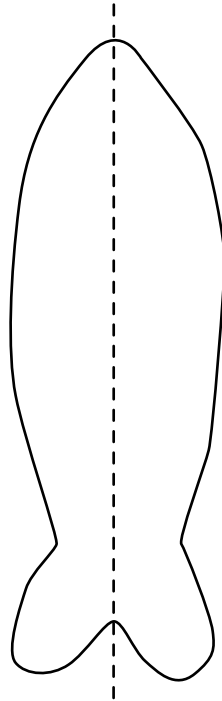
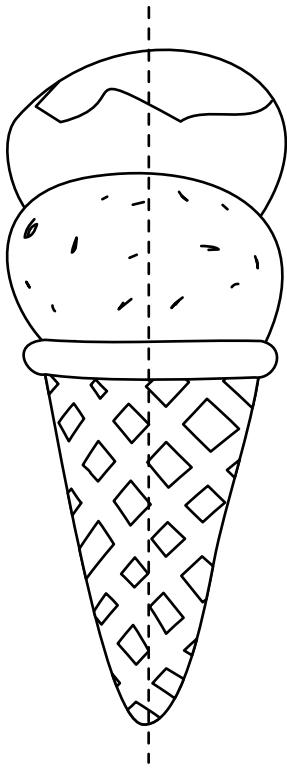
# Sam's Perfect Pizza

Draw a line to cut the shapes in half. Make one side of the shape the same as the other.



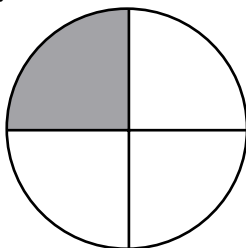


Colour one half of the shape.

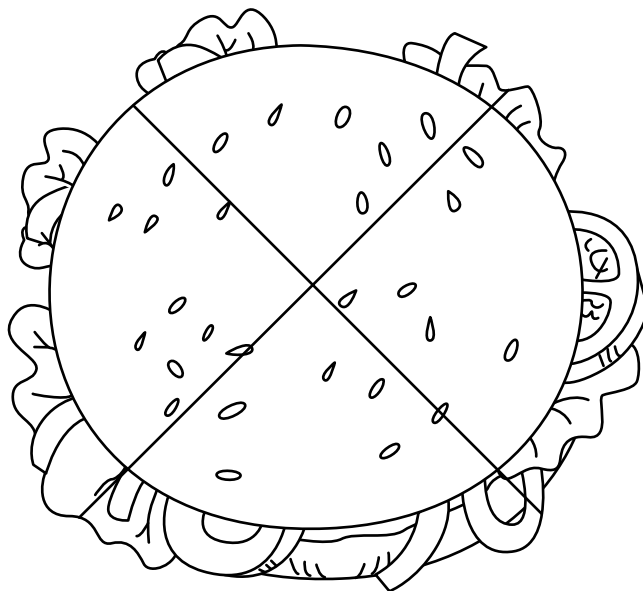
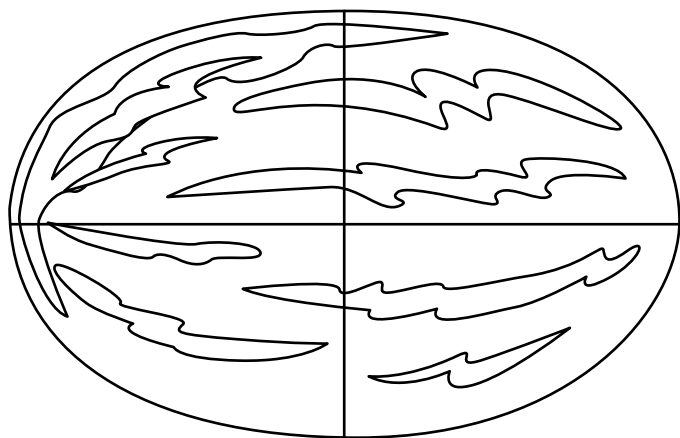
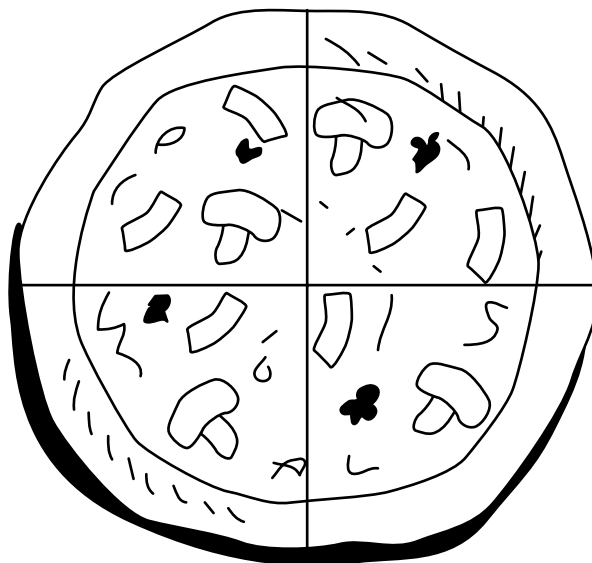
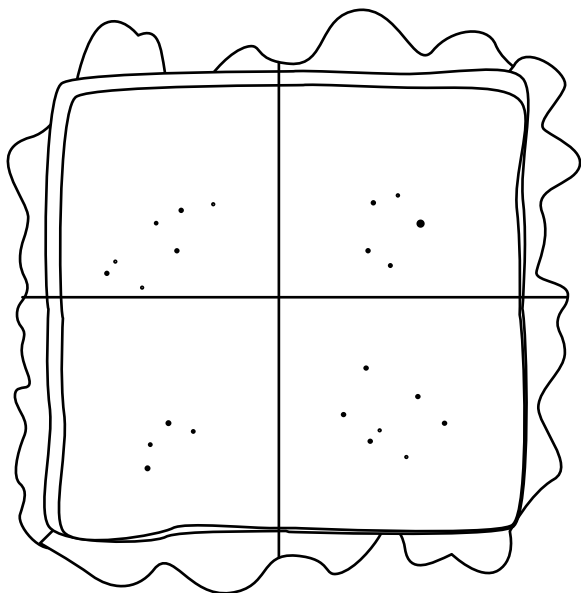


# Sam's Perfect Pizza

This is one quarter of the circle.

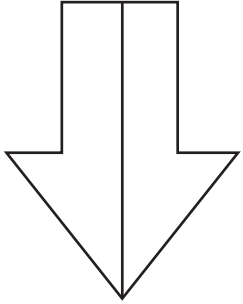


Colour in one quarter of the pictures.



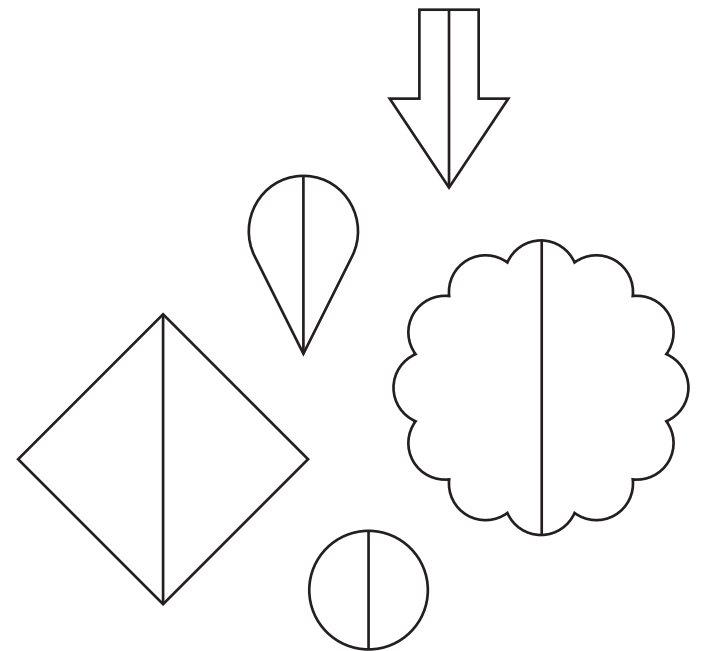
# Activity Instructions

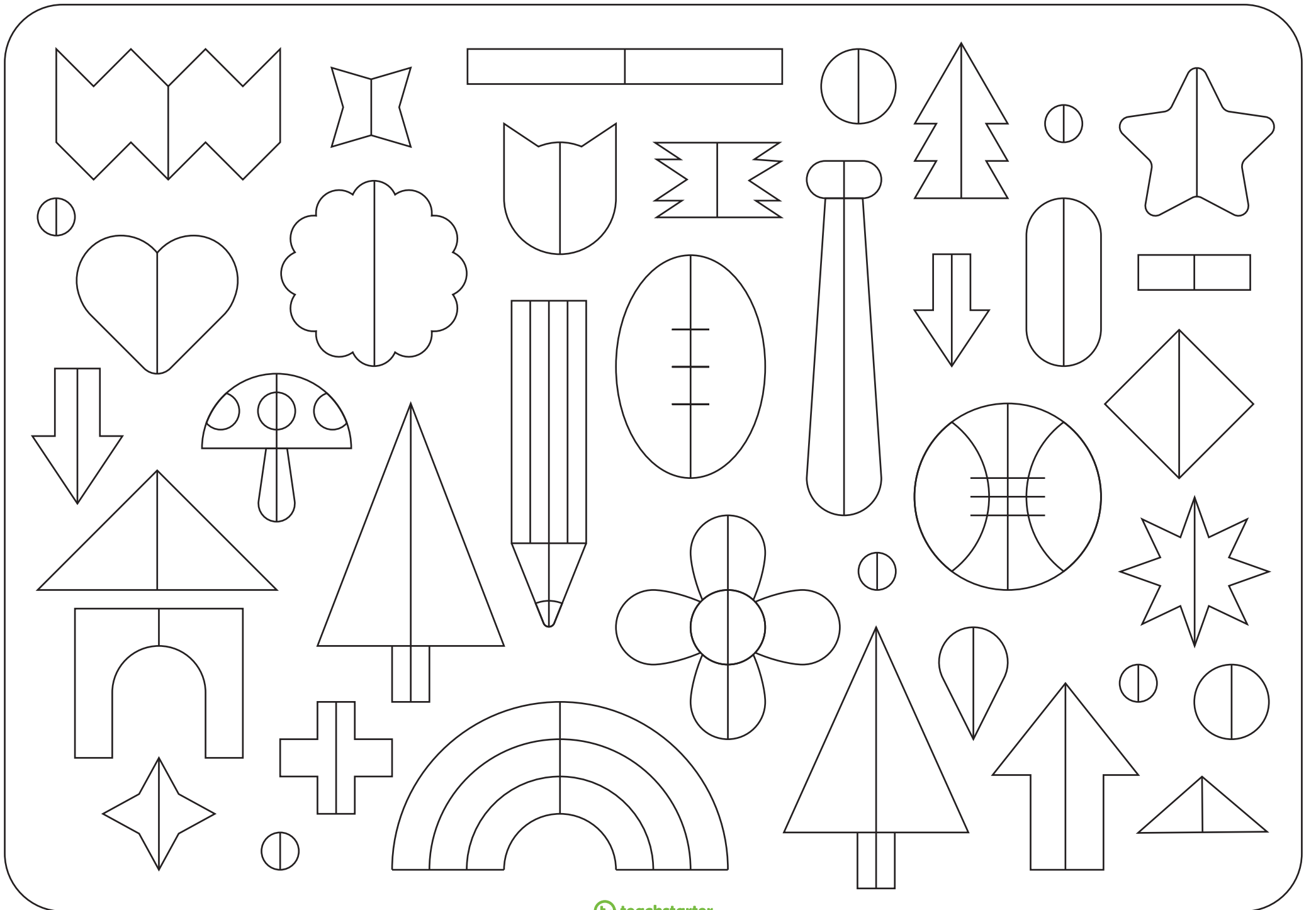
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Read and follow these instructions carefully.

1. Colour half of all the tree shapes green.
2. Colour half the flower pink.
3. Colour half of the star shapes yellow.
4. Colour half the rainbow red, purple and blue.
5. Colour the whole mushroom red.
6. Colour half the heart pink.
7. Colour the whole house roof black.
8. Colour half the house green.
9. Colour half the sports balls blue.
10. Colour the whole cat grey.
11. Do not colour any of the pencil yellow.
12. Colour the whole baseball bat orange.

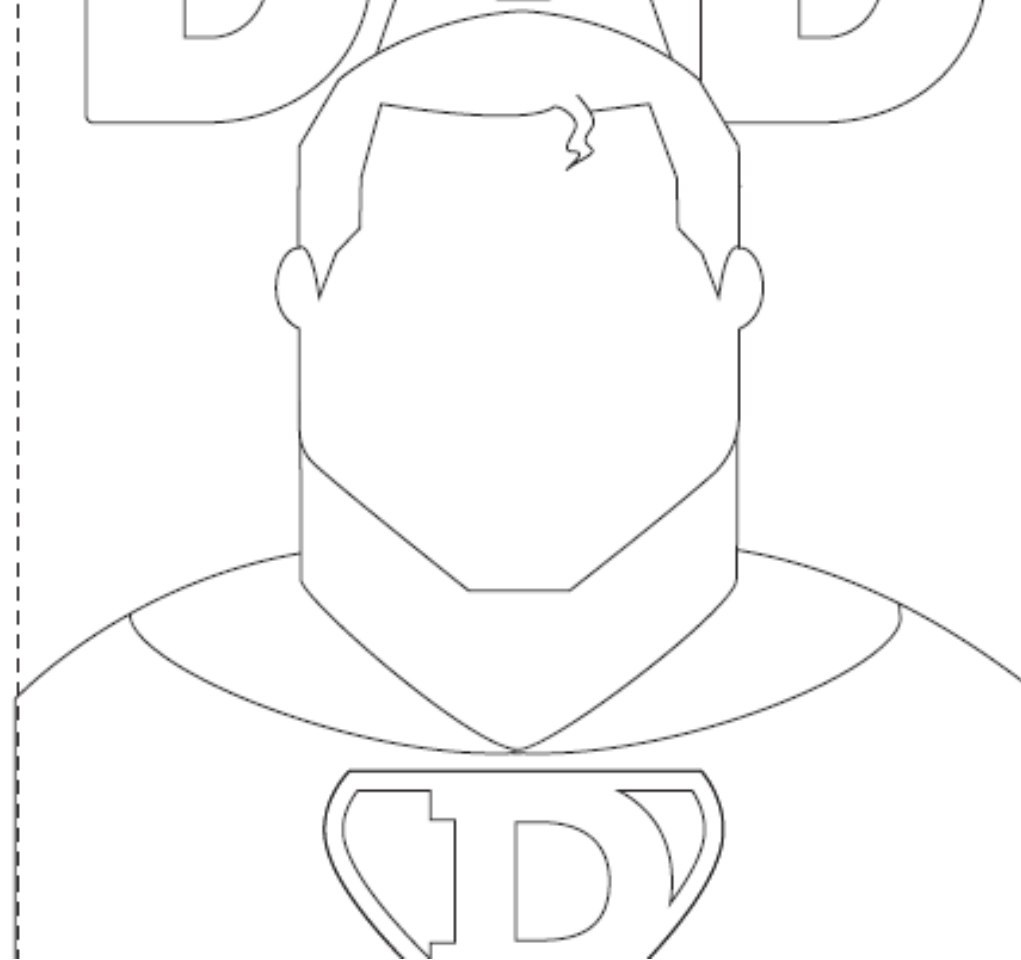






**DAD,  
YOU'RE  
RAD!**

SUPER  
DAD



YOU

ROCK!

# WELLBEING ACTIVITIES SUPPORT UNIT

Week 8 Thursday and Friday

Choose 3 activities to do each day



## I spy an insect hunt

Look around the garden and spy any insects you see. Carefully look at how many legs, eyes, wings. Check them off your list or draw it carefully



## Leaf rubbing

1. Collect leaves of various sizes
2. Position a leaf on a hard surface (table)
3. Place paper over the leaf.
4. Rub a crayon very gently over the area of the leaf.



Help your family to make breakfast and discuss healthy options.



Take a photo of your breakfast and post on class dojo.

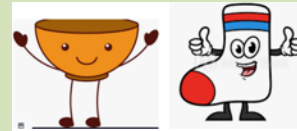
## Practise washing your hands correctly.

Follow the steps:

1. Turn the tap on.
2. Wet your hands.
3. Turn the tap off.
4. Put 1 pump of soap.
5. Rub your hands and wrist with soap for 20 seconds.
6. Wash your hands.
7. Shake wet hands in the sink.
8. Dry hands with 1 paper towel.
9. Put paper towel in the bin



Practice jumping like a frog.  
Or 30 second fitness challenge



Have a look around your house, what shapes can you find?



Take a photo of the shapes and upload them to your class dojo. You could also draw a picture of the shapes you find.



Help helping hands  
Help hang out or fold the washing

## Make salt dough

create a rainbow or creature. When dry paint or colour with textas.



Practice putting socks and shoes on or with your non dominant hand





Create a Cereal and Marshmallow Necklace.



### Fun & Easy Skittle Race

#### What you need:

- A small bowl of skittles, smarties or any other small colourful lolly of choice for each player
- a straw for each player
- a cup for each player

#### How to play:

Each person has a straw, a small bowl of skittles and an empty cup.

Everyone picks a favourite colour.

Everyone must use their straw in their mouth to get one colour of skittle from their bowl to their cup!

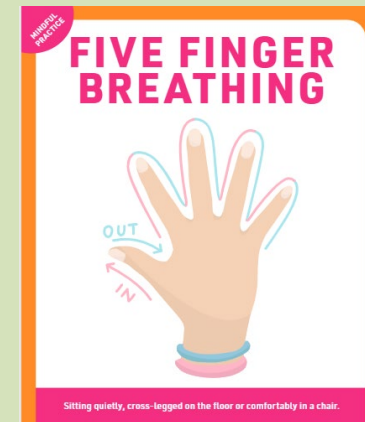
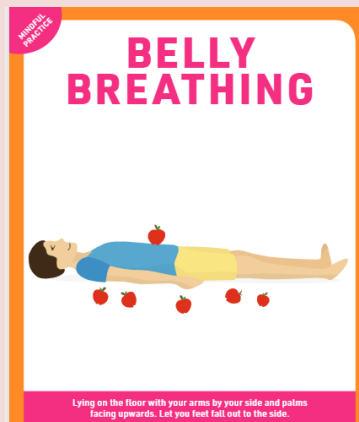
The aim is to get as many skittles as you can into your cup!!

Whoever has the most skittles after 3 minutes wins!



### Rock Painting

Find stones in your garden to paint/decorate.



## Salt Dough Recipe

### HOW TO MAKE SALT DOUGH RECIPE?

#### YOU WILL NEED?

1 cup salt

2 cups of flour

$\frac{3}{4}$  cup of water



#### INSTRUCTIONS:

1. In a large bowl mix salt and flour together.
2. Gradually stir in water. Mix well until it forms a doughy consistency.
3. Turn the dough onto the bench and knead with your hands until smooth and combined.
4. Make your creations using the salt dough.
5. Place the salt dough creations into the oven at 180C. The amount of time needed to bake depends on the size and thickness of the salt dough creations.

Salt Dough Rainbow: once it has been dried out and hardened, it can be painted to make a homemade toy for kids to play with.



## TIPS & IDEAS:

- Store your salt dough in an air tight container as it keeps well for a few days.
- You can paint your creations with acrylic paints and seal with varnish or polyurethane spray.
- Salt dough can also be air dried and is an alternative to oven drying.
- Involve the kids in making the salt dough as this encourages and promotes so many learning opportunities, plus it is so much fun!

# Minibeast Hunt Checklist

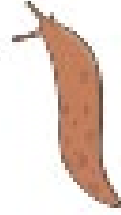
How many of these minibeasts can you spot on your outdoor adventures?  
Tick the boxes once you have found them.



spider



woodlouse



slug



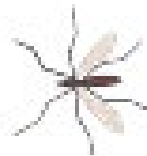
butterfly



beetle



wasp



crane-fly



ladybird



earwig



dragonfly



snail



ant



millipede



worm



fly



caterpillar



bee

We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.

Outdoor areas provide great opportunities for play and learning, but always check for any environmental risks before taking part in outdoor activities, and only proceed if it is safe to do so. Ensure children always wash their hands after being outside. Please be respectful of nature and take care of animals and plants. We will not be held responsible for the health and safety of those participating in activities, and cannot accept any liability. By organising or participating in any activity described, you acknowledge that it is the responsibility of supervising adults to ensure the safety of children in their care.



giving  
nature  
a home

rspb and Twinkl -  
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and help nature together.

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## 30 Second Fitness Challenge

**Learning Intention:** We are learning to underarm throw towards a target.

**Success Criteria:** We will be able to underarm throw by:

- Slightly bending knees when throwing.
- Looking straight at the target.
- Swinging arm back just past your back to swing in line with belly button

<https://www.youtube.com/watch?v=OwDFEKy0G2Iq>

**CLICK THE LINK ABOVE TO WATCH A DEMONSTRATION**

**You will need:**

- 3 bowls labelled with points- first bowl =1point, second bowl= 2 points, third bowl=3 points. **Only 8 points in thirty seconds**
- 3 pairs of clean socks (each pair put together into a ball)
- 30 second timer

**Instructions:**

1. Set yourself up with 3 targets (e.g. bowls) labelled with 1/2/3 points.
2. Stand around 1-2 metres away from the targets to underarm throw.
3. Once the timer starts, throw each sock one at a time. Once all socks have been thrown, quickly run out and collect them to start again.
4. See how many points you can get in 30 seconds.
5. Repeat activity numerous times to beat your score.

